



TIME CHANGE REMINDERS

Twice each year we experience a time change, whether we "*Spring Ahead*" an hour in March or "*Fall Back*" an hour in November, we should take this opportunity to review the critical safety pre-cautions that protect our families.

[] Reset the time on all your clocks and timers. Don't forget clocks in your vehicles, the timers for your landscape lighting, and especially your interior timers that give your home the appearance of someone being at home. *It is always good practice to stagger the "on" and "off" times for your interior timers from room to room.*

[] Replace the batteries in your smoke and carbon monoxide detectors, also make sure you test them. You most likely know to put fresh batteries in your smoke alarms and carbon monoxide detectors (doing it on the days you change the clocks for Daylight Saving Time is an easy way to remember). Use masking tape on the underside of your detectors to record the date you replace the batteries. You also need to clean your units, since dust that accumulates can cause them to underperform. Using your vacuum cleaner's soft brush attachment, clean in and around the detectors' openings. If any detectors are more than 10 years old, they should be replaced.

It is easy to remember the detectors that you see every day in your primary living space. Don't forget that many homes have smoke detectors in their attic storage space, in the garage, and even in crawl spaces. There is nothing more annoying than when those out of sight detectors beginning to "beep" in the middle of the night. Both stand-alone battery powered detectors, as well as detectors that are hard wired into your home electrical system should be replaced as they approach the end of their life-span. If you have recently purchased a new home that was built several years ago it is a good idea to replace all the detectors. Replacement smoke and carbon monoxide detectors are available at local home improvement stores.

The Fairfield Glade Fire Department can assist you with your smoke detectors, if needed. Visit their website at <http://fairfieldgladefire.org> to request assistance with smoke detectors. There is also helpful detector installation information on the Fire Department website.

[] Check all fire extinguishers to insure they are properly charged. *Review the location and the operation of each fire extinguisher with every member of your family.* If you have discharged the extinguisher, replace it if it is a one-time use extinguisher, or have it re-charged if it is re-chargeable. Disposable fire extinguishers should be replaced every 12 years. Rechargeable fire extinguishers should be taken to an experienced fire equipment company and recharged every 10 years. There is a date of manufacture on the bottom of the cylinder or on the label.



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[] Review your list of medications. Take this opportunity to review all your medical and legal documents and make sure that they reflect current and correct information.

Don't forget to refresh your updated medical and legal information where ever you have it stored for reference whether it is in your wallet/purse, in a Vial Of Life container (freezer or glove box), on file with a trusted friend or neighbor, or in a fire-proof file box.

[] Review Emergency Survival Plan and refresh your Emergency Supplies.

Take the time to review each step in your Emergency Survival Plan with every member of your family. This is also the perfect time to replace food stuffs and spare batteries in your Emergency Supplies. Make sure you include your updated medical and legal records.

[] Have a Safety Check preformed on your vehicle. The spring and fall of each year is a perfect time to have a Safety Check performed on your vehicle. Most dealerships or repair garages will do this for a minimal charge. *A Safety Check should include checking and topping off of all fluids, tire tread and proper inflation, wiper blades, and all lights for proper operation.*

[] Change the passwords on all your electronic devices. *Data Security experts recommend that the passwords on all electronic devices should be changed at regular intervals to avoid electronic data breaches.* Most of us do not follow that advice, however changing your passwords at least twice a year will increase your protection against becoming a victim of hacking.

[] Change your security access codes. If you have a keypad that provides access to your garage or you have a keypad that activates your home security system, and even if you have a touchscreen control panel, over time they will show a wear pattern. *Changing your access code from time to time will even out the wear pattern and increase difficulty for an unwanted visitor from guessing your code.*

Updated August 27, 2021